



## PRE FILLER TREATMENT INSTRUCTIONS

### PRE INJECTION TREATMENT INSTRUCTIONS

- Schedule your injectable treatment at least two weeks prior to a special event which you may be attending, such as a wedding or a vacation.
- Results from the injections may take approximately four to seven days to appear. Also bruising and swelling may be apparent in that time period. Sculptra does require several treatments before results can be appreciated, so plan accordingly with your provider.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish in the area to be injected.
- If you have a history of cold sores, please let your provider know. We may prescribe an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.
- There is a 48 hour cancellation policy. If you do not show or cancel within the 48 hours, you will lose your \$200 deposit. (It will not be applied to your next visit)

### TO LESSEN BRUISING

- Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Take oral supplements such as Arnica or Bromelain two to seven days before treatment and continue several days after treatment. DO NOT take these if you are on blood-thinning medications or have a blood clotting disorder.
- Avoid anti-inflammatory/blood thinning medications, unless prescribed by a doctor, for a period of two weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do not stop prescription blood thinners or any other medications prescribed by any of your doctors.